



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 01290, Kefir, lowfat, strawberry, LIFEWAY

Report Date: July 16, 2017 18:49 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|-------------------|----------------|------------|------|------|-----|--------|--------|-----------|---------------------------------------|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water ¹ | g | 84.82 | 4 | 0.138 | 84.5 | 85.1 | 3.0 | 84.387 | 85.263 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Energy | kcal | 62 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Energy | kJ | 261 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Protein ¹ | g | 3.39 | 4 | 0.025 | 3.35 | 3.46 | 3.0 | 3.316 | 3.472 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Total lipid (fat) ¹ | g | 0.90 | 4 | 0.101 | 0.6 | 1.02 | 3.0 | 0.58 | 1.221 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Ash ¹ | g | 0.68 | 4 | 0.014 | 0.66 | 0.72 | 3.0 | 0.637 | 0.723 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Carbohydrate, by difference | g | 10.20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Fiber, total dietary | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |
| Sugars, total ¹ | g | 9.21 | 2 | -- | 9.05 | 9.37 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Sucrose ¹ | g | 5.34 | 2 | -- | 5.22 | 5.47 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |

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|---------------------------------|------|----------------|-------------|------------|------|------|-----|---------|---------|-----------|---------------------------------------|---------|---------------|
| Glucose (dextrose) ¹ | g | 0.00 | 2 | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Fructose ¹ | g | 0.00 | 2 | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Lactose ¹ | g | 3.23 | 2 | -- | 3.21 | 3.25 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Maltose ¹ | g | 0.00 | 2 | -- | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Galactose ¹ | g | 0.63 | 2 | -- | 0.58 | 0.69 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca ¹ | mg | 119 | 4 | 0.816 | 117 | 121 | 3.0 | 116.402 | 121.598 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Iron, Fe ¹ | mg | 0.04 | 4 | 0.000 | 0.04 | 0.04 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Magnesium, Mg ¹ | mg | 11 | 4 | 0.111 | 11 | 11 | 3.0 | 10.872 | 11.578 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Phosphorus, P ¹ | mg | 96 | 4 | 0.394 | 95 | 97 | 3.0 | 94.947 | 97.453 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Potassium, K ¹ | mg | 154 | 4 | 1.472 | 151 | 157 | 3.0 | 149.316 | 158.684 | 1 | Analytical or derived from analytical | -- | 07/2015 |

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|--|------|----------------|-------------|------------|------|------|-----|--------|--------|-----------|---------------------------------------|---------|---------------|
| Sodium, Na 1 | mg | 37 | 4 | 0.835 | 35 | 39 | 3.0 | 34.117 | 39.432 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Zinc, Zn 1 | mg | 0.44 | 4 | 0.002 | 0.44 | 0.44 | 3.0 | 0.433 | 0.444 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Copper, Cu 1 | mg | 0.009 | 4 | 0.000 | 0.01 | 0.01 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Manganese, Mn 1 | mg | 0.005 | 4 | 0.000 | 0.01 | 0.01 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Selenium, Se 1 | µg | 3.6 | 2 | -- | 3.5 | 3.7 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid 1 | mg | 1.5 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Thiamin 1 | mg | 0.030 | 2 | -- | 0.03 | 0.03 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Riboflavin 1 | mg | 0.210 | 2 | -- | 0.21 | 0.21 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Niacin 1 | mg | 0.105 | 2 | -- | 0.1 | 0.11 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Pantothenic acid 1 | mg | 0.380 | 2 | -- | 0.38 | 0.38 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |

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|------------------------------|------|----------------|-------------|------------|------|------|-----|----|----|-----------|---------------------------------------|---------|---------------|
| Vitamin B-6 ¹ | mg | 0.060 | 2 | -- | 0.06 | 0.06 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Folate, total ¹ | µg | 22 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |
| Folate, food | µg | 22 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Folate, DFE | µg | 22 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Choline, total | mg | 15.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01203 | 07/2015 |
| Vitamin B-12 ¹ | µg | 0.31 | 2 | -- | 0.31 | 0.32 | 1.0 | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |
| Vitamin A, RAE | µg | 178 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Retinol ¹ | µg | 178 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Carotene, beta ¹ | µg | 3 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Carotene, alpha ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Cryptoxanthin, beta ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Vitamin A, IU | IU | 599 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Lycopene ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Lutein + zeaxanthin ¹ | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Vitamin E (alpha-tocopherol) | mg | 0.06 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01203 | 07/2015 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |
| Vitamin D (D2 + D3) | µg | 1.1 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Vitamin D2 (ergocalciferol) ¹ | µg | 0.0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Vitamin D3 (cholecalciferol) ¹ | µg | 1.1 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 07/2015 |
| Vitamin D | IU | 44 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Vitamin K (phylloquinone) | µg | 1.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 01203 | 07/2015 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.533 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |

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|------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| 4:0 1 | g | 0.024 | 4 | 0.001 | 0.02 | 0.03 | 3.0 | 0.02 | 0.029 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 6:0 1 | g | 0.013 | 4 | 0.001 | 0.01 | 0.01 | 3.0 | 0.009 | 0.017 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 8:0 1 | g | 0.006 | 4 | 0.001 | 0.01 | 0.01 | 3.0 | 0.005 | 0.008 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 10:0 1 | g | 0.018 | 4 | 0.005 | 0.01 | 0.03 | 3.0 | 0.003 | 0.033 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 12:0 1 | g | 0.023 | 4 | 0.002 | 0.02 | 0.03 | 3.0 | 0.018 | 0.029 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 14:0 1 | g | 0.084 | 4 | 0.006 | 0.07 | 0.1 | 3.0 | 0.064 | 0.103 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 15:0 1 | g | 0.010 | 4 | 0.001 | 0.01 | 0.01 | 3.0 | 0.007 | 0.013 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 16:0 1 | g | 0.253 | 4 | 0.020 | 0.21 | 0.3 | 3.0 | 0.187 | 0.318 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 17:0 1 | g | 0.005 | 4 | 0.001 | 0 | 0.01 | 3.0 | 0.003 | 0.007 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:0 1 | g | 0.095 | 4 | 0.008 | 0.08 | 0.12 | 3.0 | 0.07 | 0.12 | 1 | Analytical or derived from analytical | -- | 07/2015 |

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|------------------------------------|------|----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| 20:0 ¹ | g | 0.002 | 4 | 0.000 | 0 | 0 | 3.0 | 0.001 | 0.003 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:0 ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 24:0 ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Fatty acids, total monounsaturated | g | 0.262 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| 14:1 ¹ | g | 0.009 | 4 | 0.001 | 0.01 | 0.01 | 3.0 | 0.006 | 0.011 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 15:1 ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 16:1 undifferentiated ¹ | g | 0.017 | 4 | 0.002 | 0.01 | 0.02 | 3.0 | 0.012 | 0.022 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 16:1 c ¹ | g | 0.014 | 4 | 0.001 | 0.01 | 0.02 | 3.0 | 0.01 | 0.018 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 16:1 t ¹ | g | 0.003 | 4 | 0.000 | 0 | 0 | 3.0 | 0.002 | 0.004 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 17:1 ¹ | g | 0.002 | 4 | 0.000 | 0 | 0 | 3.0 | 0.001 | 0.003 | 1 | Analytical or derived from analytical | -- | 07/2015 |

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|-----------------|-------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| 18:1 undifferentiated ¹ | g | 0.231 | 4 | 0.021 | 0.18 | 0.29 | 3.0 | 0.163 | 0.298 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:1 c ¹ | g | 0.209 | 4 | 0.019 | 0.17 | 0.26 | 3.0 | 0.148 | 0.27 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:1 t ¹ | g | 0.022 | 4 | 0.002 | 0.02 | 0.03 | 3.0 | 0.015 | 0.029 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 20:1 ¹ | g | 0.003 | 4 | 0.000 | 0 | 0.01 | 3.0 | 0.002 | 0.005 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:1 undifferentiated ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:1 c ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:1 t ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 24:1 c ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Fatty acids, total polyunsaturated | g | 0.041 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| 18:2 undifferentiated ¹ | g | 0.033 | 4 | 0.003 | 0.03 | 0.04 | 3.0 | 0.025 | 0.042 | 1 | Analytical or derived from analytical | -- | 07/2015 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---|------|-------------------|----------------|------------|------|------|-----|-------|-------|-----------|---------------------------------------|---------|------------------|
| 18:2 n-6 c,c ¹ | g | 0.022 | 4 | 0.002 | 0.02 | 0.03 | 3.0 | 0.017 | 0.028 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:2 CLAs ¹ | g | 0.005 | 4 | 0.000 | 0 | 0.01 | 3.0 | 0.004 | 0.007 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:2 t not further defined ¹ | g | 0.006 | 4 | 0.001 | 0 | 0.01 | 3.0 | 0.003 | 0.008 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:3 undifferentiated ¹ | g | 0.005 | 4 | 0.000 | 0 | 0.01 | 3.0 | 0.004 | 0.005 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:3 n-3 c,c,c (ALA) ¹ | g | 0.005 | 4 | 0.000 | 0 | 0.01 | 3.0 | 0.004 | 0.005 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:3 n-6 c,c,c ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:3i ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 18:4 ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 20:2 n-6 c,c ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 20:3 undifferentiated ¹ | g | 0.001 | 4 | 0.000 | 0 | 0 | 3.0 | -- | 0.002 | 1 | Analytical or derived from analytical | -- | 07/2015 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|-----|-------|-------|-----------|---------------------------------------|---------|---------------|
| 20:3 n-6 ¹ | g | 0.001 | 4 | 0.000 | 0 | 0 | 3.0 | -- | 0.002 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 20:4 undifferentiated ¹ | g | 0.002 | 4 | 0.000 | 0 | 0 | 3.0 | 0.001 | 0.003 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 20:5 n-3 (EPA) ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:4 ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:5 n-3 (DPA) ¹ | g | 0.001 | 4 | 0.000 | 0 | 0 | 3.0 | -- | 0.001 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| 22:6 n-3 (DHA) ¹ | g | 0.000 | 4 | 0.000 | 0 | 0 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Fatty acids, total trans | g | 0.030 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Fatty acids, total trans-monoenoic | g | 0.025 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 07/2015 |
| Cholesterol ¹ | mg | 5 | 3 | 0.059 | 4 | 5 | 2.0 | 4.277 | 4.786 | 1 | Analytical or derived from analytical | -- | 07/2015 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 07/2015 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19a, 2014 Beltsville MD